



Navy Recruiting Command

Recruiter Guide for Physical Training

Developed By:

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GUIDELINES FOR RECRUITERS

The purpose of this guide is to ensure that Physical Training for Future Sailors and Officer Candidates/Direct Accessions is administered with the utmost safety. You, as the Recruiter, have the ultimate responsibility for the well being of these individuals during Physical Training. The following guidelines are to be used with safety as your ultimate guiding principle:

Note: DO NOT allow any Future Sailor (FS) or Officer Candidate/Direct Accession to begin this program unless you have verified a current MEPS or other NRC authorized physical examination has been completed finding the Future Sailor or Officer Candidate/Direct Accession physically qualified for accession. Also, under no circumstances will anyone be allowed to participate in Physical Training unless there is a signed Hold Harmless Agreement in the DEP training folder or Officer Residual File.

There will be no Physical Training that deviates from the guidance enclosed in this guide. Sporting Events that promote camaraderie, teamwork, and esprit d 'corps are encouraged. Safety is paramount. Under no circumstances will a sporting event be conducted that risks injury to your Future Sailors or Officer Candidates/Direct Accessions.

The following are examples of authorized Physical Training events:

- Any of the stretches or exercises described in the Fitness and Nutrition Guide.
- Supervised team sports such as volleyball, basketball, softball, and soccer.

Below are examples of unauthorized Physical Training events:

- Tire Rolling/Flipping
- Log PT
- Obstacle Courses
- Cross Country Running over uneven terrain or hazardous elevations

Any Physical Training event that could endanger a Future Sailor is prohibited. Use good judgment and follow the guidance enclosed. You are entrusted with preparing the Future Leaders of the United States Navy! Ensure you do it safely and with the utmost integrity and proper risk management. Physical Training will never be used as a form of discipline or punishment. Hazing will not be tolerated.



REQUIRED ACTIONS PRIOR TO PHYSICAL TRAINING

This guide is designed as a useful tool to help our Future Sailors and Officer Candidates/Direct Accessions prepare for Recruit Training or Officer Candidate training (OCS/ODS) and to help these young men and women adopt a lifestyle of healthy living and proper fitness. It is your responsibility to ensure that physical activities are conducted in a safe and proper manner. Therefore, the following conditions must be met before conducting any Physical Training evolutions with Future Sailors or Officer Candidates/Direct Accessions:

- All Physical Training sessions will be monitored by at least one CPR qualified Recruiter who has completed the online NKO CFL course and one dedicated safety observer approved by the Zone Supervisor or Division Officer (per 25 participants). These monitors will not be participants in the Physical Training sessions.
- Under no circumstances will Future Sailors or Officer Candidates/Direct Accessions be used as dedicated safety observers.
- An Operational Risk Management (ORM) checklist will be completed in advance of an organized Physical Training session (see page 3).
- Inclement weather plans should be made well in advance of organized Physical Training. Alternative indoor sites should be identified and documented.
- All participants will be dressed in proper PT attire.
- All participants must have a valid MEPS (or other NRC authorized) physical examination finding the member physically qualified for accession.
- All participants will have a signed Hold Harmless Agreement in their DEP training folder or Officer Residual package.
- Under no circumstances will personnel not enrolled in the Navy Delayed Entry Program or enlisted/commissioned in an Officer Candidate/Direct Accession program be allowed to participate in organized Physical Training.
- Personnel currently enlisted in a Delayed Entry Medical (DEM) program are not to participate in physical training until cleared by Medical and the PRIDE record is updated.
- An emergency contact list for all participants in Physical Training must be available at the Physical Training location with a copy maintained at the NRS/NORS/NRD.
- Water will be made available at the Physical Training location for all personnel participating in Physical Training.

In addition to the above, the ORM checklist on the following page will be reviewed before each and every Physical Training session.



ORM CHECKLIST FOR FUTURE SAILOR/OFFICER CANDIDATE PHYSICAL TRAINING (PT)

Before PT Commences

- ☐ Has the PT location been surveyed to ensure no safety hazards exist, to include extreme inclines or rough terrain?
- ☐ Do all participants have a Hold Harmless Agreement on file?
- ☐ Are the temperature conditions appropriate for outdoor PT? Calculate the wet bulb globe temperature (WBGT)/wind chill using the following steps:

1.) Calculate wet bulb temperature (WBT)/windchill using weather conditions from the NOAA website (<http://www.noaa.gov>) and the WBT calculator (http://www.srh.noaa.gov/epz/?n=wxcalc_rh).

WBT = _____ Wind Chill = _____

2.) Calculate WBGT using the following formula:

WBGT = (WBT x 0.7) + (Air Temperature x 0.3) = _____

Must be less than 80 degrees WBGT and above 20 degrees wind chill to commence PT.

- ☐ Is there a plan in place for an emergency evacuation and do you know how to get to the local medical facility?
- ☐ Are there cell phones or radios available for communication?
- ☐ Are all participants in suitable PT attire?
- ☐ Is there plenty of water readily available at the Physical Training location for participants?
- ☐ Is there at least one CPR qualified recruiter and one dedicated Safety Observer available to monitor PT?
- ☐ Is the list of all emergency contact numbers, to include next of kin contact numbers, available on site?

The following questions MUST be asked of each participant before Physical Training:

- ☐ Has a healthcare provider ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- ☐ Do you feel pain in your chest when you do physical activity?
- ☐ In the past month have you had pain in your chest when not doing physical activity?

- ☐ Do you lose your balance because of dizziness or do you ever lose consciousness?
- ☐ Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- ☐ Is your health care provider currently prescribing drugs (for, example, water pills) for your blood pressure or heart condition?
- ☐ Do you know of any other reason why you should not do any physical activity?
- ☐ Are you a female who could possibly be pregnant?

Any participant who answers yes to any of the above cannot, under any circumstances, be allowed to participate!

During PT

- ☐ Are the CPR/Safety Observers monitoring Future Sailors for signs of distress or discomfort?
- ☐ Are all exercises being properly demonstrated before execution?

Post PT

- ☐ Continue to monitor participants for signs of distress or discomfort.
- ☐ Ensure every participant hydrates appropriately prior to leaving the PT location.



- Ensure feedback from participants is collected to ensure PT was a successful evolution.

PHYSICAL TRAINING SESSION GUIDELINES

A standard Physical Training session will be conducted, without deviation, in the following order:

1. 5-10 minutes of Warm-Up/Stretching: Select Warm-Up and Stretching exercises found in the Warm-up and Stretching sections of the Fitness and Nutrition Guide (FNG).)
2. 30-45 minutes of Physical Activity Session: Select exercises from the Physical Activity Session of the FNG. A combination of exercises is authorized depending on availability of equipment and space limitations. However, under no circumstances is this session to exceed 45 minutes duration.
3. 5-10 minutes of Cool Down/Stretching: Select exercises from the Cool-Down/Stretching section of the FNG. During this period, observe participants and look for signs of distress or discomfort before securing.

Initial Fitness Assessment Guidelines

The Initial Fitness Assessment (IFA) shall be used to establish a baseline level of physical fitness for Future Sailors and Officer Candidates/Direct Accessions. It is voluntary but highly encouraged as it informs our Future Sailors and Officer Candidates/Direct Accessions of the standards they'll be expected to meet while attending Recruit Training, Officer Candidate School, or Officer Development School. The IFA consists of the 4 elements from the Navy Physical Readiness Test: Sit Reach, Curl-Ups, Push-Ups, and 1.5 mile run and/or walk.

The IFA shall only be administered by a fully qualified CFL/ACFL designated in writing by the Navy Recruiting District Commanding Officer. It will be conducted in full compliance with all safety precautions and requirements outlined in OPNAVINST 6110.1 series. See Volume V, Chapter 2, Section 1 of COMNAVCRUITCOMINST 1130.8 series (ENLISTED RECRUITING MANUAL) for specific requirements and guidance for administering the IFA.